






Eat Smart Be Smart

Eat the High Five^{Way}

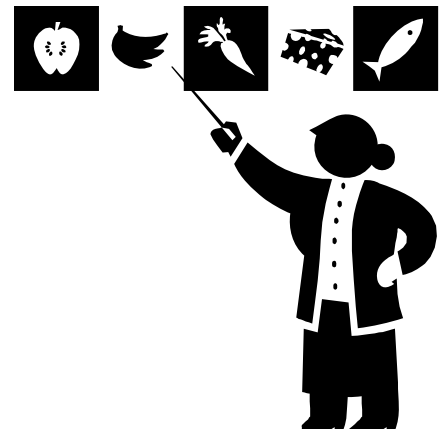
-  **Grade Level:** Kindergarten **Estimated Lesson Time:** 30 Minutes
-  **Integrated Core Subjects:** Math, Health Enhancement
-  **Montana Content Standard:** Math Standard 2: Students demonstrate understanding of and an ability to use numbers and operations.
-  **Montana Content Standard:** Health Enhancement 1: Students have a basic knowledge and understanding of concepts that promote comprehensive health.
-  **Student Objectives:**
 1. Name the five food groups;
 2. I identify some foods in each group; and
 3. Understand the importance of eating from each group to be healthy.

Lesson/Activity

1. Ask students to show you how many food groups they think there are by holding up the number of fingers on their hand.
2. Using the *MyPyramid for Kids* poster, review the five food groups (have them give their neighbor a "high 5" so they can remember there are five food groups).
3. Discuss the importance of eating from all five food groups each day to stay healthy. People need to consume different kinds of foods from each of the five food groups each day. Each group provides different nutrients our bodies need to grow, learn and stay healthy.
4. Ask the students why eating healthy is so important. Write their ideas on the board. Key reasons to eat healthy are: to grow, be strong, stay healthy, not get sick, and to have energy and key nutrients for growing, playing and learning.
5. Refer to the *Eat the Five Food Group Way* work sheet and have students read together the names of the food groups. Write the food group names on the board and draw the symbol by the word.
6. Have the students look at the foods in each group and raise their hand if they can name one. Using the food pictures from the previous lesson or real food/food containers, tape pictures by the name of each food group on the board. Review with the children the specific number of servings from each food group that our bodies need each day.

Materials Needed



- Crayons or markers.
- A copy of the *MyPyramid for Kids* poster.
- A copy of the *Eat the Five Food Group Way* work sheet for each student.





Continued on next page

7. On the *Eat the Five Food Group Way* work sheet, review the recommended number of servings by having the children write a 3 in the star by the Milk group, a 2 in the star by the Meat group, a 3 in the star by the Vegetable group, a 2 in the star by the Fruit group, and a 6 in the star by the Grain group.
8. Have them circle the number of foods in each group using the same number they wrote in the star as their guide (for example, the milk group should have 3 circles). Encourage children to circle foods they would eat or drink today. If time allows, ask them to share some of the foods they circled with the class.
9. If applicable, review with the children the foods in the school lunch or breakfast menu, and ask the children to determine which food group they belong in. Reinforce the need to eat from all groups

Outcome Goals

-  Students will be able to name the five food groups and identify foods in each group.
-  Students will be able to state one reason that it is important to eat from each food group every day.

Extending the Lesson

-  Plan the next classroom party to include one food from each food group. Ask the children which food group the food belongs to.
-  Have the children help you plan a healthy snack menu for one day that has a serving from at least two food groups in each snack.



Eat Smart Be Smart

Acknowledgments/Adapted From

National Dairy Council